



Fire  Hazardous Material Spills  Power Outage  Winter Storm  Flooding  Tornado  Hurricane

EMERGENCY PREPAREDNESS

Name : _____

BASIC DISASTER SUPPLIES KIT:

FIRST AID KIT: Assemble a first aid kit for your home and one for each car. A first aid kit should include the following:

- ___ Sterile, adhesive bandages in assorted sizes
- ___ Assorted sizes of safety pins
- ___ Cleansing agent/soap
- ___ Gloves (2 pairs) (Use non-Latex if allergic to latex)
- ___ Sunscreen
- ___ 2-inch sterile gauze pads (4-6)
- ___ 4-inch sterile gauze pads (4-6)
- ___ Triangular bandages (3)
- ___ 2-inch sterile roller bandages (3 rolls)
- ___ 3-inch sterile roller bandages (3 rolls)
- ___ Scissors
- ___ Adhesive tape
- ___ Medicine dropper
- ___ Tweezers
- ___ Needle & thread
- ___ Wet Wipes/hand sanitizers
- ___ Antiseptic
- ___ Rubbing alcohol
- ___ Thermometer
- ___ Tongue blades (2)
- ___ Tube of petroleum jelly or other lubricant
- ___ Tissues

NON-PRESCRIPTION DRUGS:

- ___ Aspirin or non-aspirin pain reliever
- ___ Anti-diarrhea medication
- ___ Antacid (for stomach upset)
- ___ Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- ___ Laxative
- ___ Activated charcoal (use if advised by Poison Control Center)

SANITATION:

- ___ Toilet paper, wet wipes
- ___ Soap, liquid detergent
- ___ Feminine hygiene supplies
- ___ Personal hygiene items
- ___ Plastic garbage bags, ties (for personal sanitation uses)
- ___ Plastic bucket with tight lid
- ___ Disinfectant
- ___ Household chlorine bleach
- ___ Paper towels
- ___ Facial tissues

CLOTHING AND BEDDING:

- ___ Complete change of clothing/footwear per person (3 days)
- ___ Sturdy shoes or work boots
- ___ Rain gear
- ___ Blankets or sleeping bags/pillow
- ___ Hat and gloves
- ___ Thermal underwear
- ___ Sunglasses

FOR BABY:

- ___ Formula (If powdered, bring bottled water)
- ___ Diapers/wipes
- ___ Bottles
- ___ Baby food
- ___ Bowl/utensils
- ___ Medications/creams/powder
- ___ Clothes/socks/shoes
- ___ Blanket

ENTERTAINMENT:

- ___ Hand held games, books, and comfort toy (stuffed animal)

TOOLS AND SUPPLIES:Place in waterproof container)

- ___ Mess kits or paper cups; plates and plastic utensils
- ___ Cash or traveler's check, coins
- ___ Non-electric can opener, utility knife
- ___ Pliers/screwdriver/hammer/crowbar/assorted nails & screws
- ___ Shutoff wrench (to turn off household gas and water)
- ___ Tape, such as duct tape
- ___ Compass
- ___ Matches in a waterproof container
- ___ Aluminum foil
- ___ Plastic storage containers and bags
- ___ Signal flare
- ___ Paper, pencil
- ___ Adhesive labels
- ___ Safety goggles
- ___ Heavy work gloves
- ___ Whistle
- ___ Heavy cotton or hemp rope
- ___ Patch kit and can of seal-in-air
- ___ Disposable dust masks
- ___ Plastic sheeting
- ___ Sterno cooking fuel
- ___ Flashlight and batteries
- ___ Plastic trash bags
- ___ Battery powered radio and batteries
- ___ Map of the area (for locating shelters)

IMPORTANT FAMILY DOCUMENTS:

Keep these records in a waterproof, portable container:

- ___ Copy of will, all insurance policies, contracts, deeds, stocks, bonds, power of attorney, living will and other directives
- ___ Copy of passports, Social Security cards, immunization records, guardianship papers
- ___ Records of credit card accounts and mortgage
- ___ Credit cards and check books
- ___ Record of bank account numbers, names, & phone numbers
- ___ Inventory of valuable household goods (pictures if available), important telephone numbers
- ___ Family records (birth, marriage, death certificates)
- ___ Copy of Supplemental Security Income (SSI) award letter
- ___ List of prescription medications, dosage and strength
- ___ List of family members and emergency support team contact information including an out of area contact

MEDICAL NEEDS:

- ___ Heart and high blood pressure medication
- ___ Insulin/Diabetic supplies
- ___ Prescription drugs
- ___ Denture supplies
- ___ Contact lenses and supplies
- ___ Hearing aids and supplies
- ___ Catheter supplies

ITEMS FOR SERVICE ANIMALS/PETS:

- ___ Food, treats and bowls
- ___ Additional water
- ___ Collar/leash/harness
- ___ Identification tags
- ___ Medications, medical records and shot records
- ___ Litter/pan
- ___ Pet carrier

FOOD ITEMS: (enough for 3-7 days)

- ___ Ready-to-eat canned meats
- ___ Bottled water
- ___ Canned vegetables and fruit
- ___ Dried cereal, crackers, dried fruit and nuts

EMERGENCY INFORMATION LIST

Please complete and distribute copies to your emergency contact people as well as to each member in your support network.

MY NAME:

TELEPHONE NUMBER:

ADDRESS:

BIRTH DATE:

SOCIAL SECURITY NUMBER:

LOCAL EMERGENCY CONTACT PERSON:

EMERGENCY CONTACT PERSON'S NUMBER:

DIRECTIONS TO MY HOUSE:

OUT OF TOWN CONTACT:

OUT OF TOWN CONTACT'S NUMBER:

HOW BEST TO COMMUNICATE WITH ME:

CHURCH RELIGIOUS AFFILIATION:

MEDICAL INFORMATION LIST

Please complete and distribute copies to your emergency contact people as well as to each member in your support network.

PRIMARY PHYSICIAN:

TELEPHONE NUMBER:

ADDRESS:

HOSPITAL AFFILIATION:

TYPE OF HEALTH INSURANCE:

POLICY NUMBER:

BLOOD TYPE:

ALLERGIES AND SENSITIVITIES:

MEDICATIONS AND DOSAGES BEING TAKEN:

SPECIFIC MEDICAL CONDITIONS:

PHYSICAL LIMITATIONS:

ADAPTIVE EQUIPMENT AND VENDOR'S PHONE:

COGNITIVE DIFFICULTIES:

DISABILITY-RELATED SUPPLIES AND SPECIAL EQUIPMENT LIST

Check items you use, and describe item type and location. Distribute copies to your emergency contact people as well as to each member in your support network.

Glasses:

Eating utensils:

Grooming devices:

Dressing devices:

Writing devices:

Hearing devices:

Visual devices:

Oxygen:

Flow rate:

Suction equipment:

Dialysis equipment:

Sanitary supplies:

Urinary supplies:

Ostomy supplies:

Wheelchair:

Wheelchair repair kit:

Motorized:

Manual:

Walker:

Crutches:

Cane(s):

Dentures:

Monitors:

Other: